

# Unique New 'Catylist' Program Spotlights Coordination



Imagine combining environmental education and stewardship with drug addition awareness, and leadership and communication skills in one training. That's the unique concept behind a new effort spearheaded by the Utah Federation for Youth and the Utah Adopt-A-Watrebody program.

Recently in Ephram, Utah, a two-day pilot course was held with about 40 behavior disordered and at-risk high school-aged youth at Sanpete Acadamy, an alternate school for the two Sanpete County school districts.

The two-day session started with addition awareness. Kari Cutler, Utah Federation for Youth lead a discussion about the effects of drugs on your brain. She also shared her own heart-felt story of living with an alcoholic/addict husband. She shared the pain his additions caused himself, the rest of his family and his friends. But it is not clear whether the meassage got through to this group of troubled young people, most of whom smoke and many of whom use alcohol or other illegal drugs regularly.

After lunch the students were bussed to Palisades Reservoir where they completed environmental assessment sheets. Some of the information the young people were asked to provide included a description of the weather and surroundings. They were also asked to draw a picture of the water body.

The next morning the students tested the water gathered from Palisades Reservoir, Gunnison Reservior and the tap at their school.

Jack Wilbur, Utah Department of Agriculture and Food, and Charlie Eubank, an intern with the Utah Federation for Youh, conducted the water testing exercises. The students divided into groups of about four or five people to use

the eight water test kits that were available. For some of these young people it appeared to be the first scientific exercise they had participated in a long time.

Eubank read the instructions for each step of each test. Each group conducted the same three tests: nitrate, poshorus and dissolved oxygen. While the test results probably wouldn't stand up to scientific scrutiny, volunteer water quality monitoring provides students and community groups with a better connection to and appreciation for science.

Though many of these teenagers have little interest in school, most of them seemed to enjoy the field trip to the reservoir and the water chemistry activities. A follow-up excercise including physical and biological measurements of a near by water body will take place this spring when the weather is a bit more friendly.

Following the water testing, the youth took the Gemstones personality assessment activity. During this short journey of self discovery, they each got to asnwer questions about themselves and how they act. Are they spontaneous or thoughtful, independent or always concerned about the opinions of others? Most of the students said they had fun learning more about themselves.

The lighter hearted spirit of the morning gave way to an afternoon of Essential Peacemaking (EP), an excercise designed to look at gender bias and look at how men and women preceive themselves and others.

Sara Eubank, executive director, Utah Federation for Youth, explained the origins of EP. Several years ago a husband-wife peace negotiating team, Danon Perry and Jeroline Brussio, were called to Belfast, Northern Ireland, to work with several local couples, some Protestant and some Catholic. Danon

and Jeroline were late arriving in Belfast. When they arrived at the meeting hall, the participants were almost ready to come to blows. There was so much holstility and animosity that the only thing the couple could think to do to diffuse the situation was for Danon to take the men into one room and Jeroline to take the women into another room. Once the genders were separated, Danon asked the men what it was like to be a man in Belfast at that time. Likewise, Jeroline asked the women what is was like to be a women in Northern Ireland at that time.

The answers they got were astonishing. The men, both catholic and protestant, said that they fight because they believe that their women want them to defend the honor of their religion and their heritage. The women from both religions said that they don't want the men to fight. They said that the most important thing to them was to have their husbands, fathers and sons by their sides instead of dead and burried in the ground.

That day of honesty and discovery help plant a small seed of peace in that war ravished city. Before the couple left, another remarkable event took place that helped plant the seed of an activity called Peace trees that has now taken place in more than 25 countries.

Shortly after the essential peacemaking session, a young neighborhood catholic boy went ourtisde and started on his own to clean up an abandoned lot in the burned-out area. Soon a another young boy, this one a protestant boy, started to help. Soon, most of the adults who had taken part in EP were working shoulder to shoulder to restore a small part of their environment.

Since then, Peace trees events have become opportunities for young people 14-24 years old to learn peace making and leadership skills, while working together on an environmental restoration project somewhere in the host city.

Last summer the Utah Federation for Youth hosted the first Peace trees Salt Lake City event. About 25 teenagers from throughout Utah as well as California, Washington and Alaska, live at Camp Williams for 18 days and worked on a stretch of the Jordan River just north of Raging Waters water park at about 1700 S.

The 1999 Peace trees Salt Lake City event is scheduled to run for nine days in late June.

For more information about Peace trees, essential peacemaking, or any of the activities of the Utah Federation for Youth, please contact Kari Cutler, 538-4266, or visit them on the web at [www.ufyi.org](http://www.ufyi.org).

